

Pineapple Ginger Pork

2 lbs pork tenderloin, boneless, cut into 1 inch cubes
1 cup chicken broth
3 Tbsp. tapioca, quick-cooking
3 Tbsp. soy sauce, low sodium
1 tsp. fresh ginger, grated
1 15 ¼ oz can pineapple chunks, packed in juice
4 medium carrots, cut into ½ inch slices (2 cups)
1 large onion, cut into 1-inch pieces
1-8 oz can water chestnuts, sliced and drained
1 ½ cups fresh snow pea pods or one 6-oz package frozen pea pods
3 cups hot cooked rice

In a large skillet brown the pork in ¼ cup of chicken broth. In a 3 ½ or 4-quart crock-pot, combine the remaining chicken broth, tapioca, soy sauce, and ginger. Drain pineapple-reserving juice. Stir juice into broth mixture; cover and chill pineapple chunks. Add carrots, onion, water and chestnuts to crock-pot. Add pork. Cover and cook on low-heat setting for 6-8 hours or on high-heat setting for 3-4 hours.

Ten to 15 minutes before serving, turn to high-heat setting. Stir in pineapple and pea pods. Cover and cook for 10-15 minutes or until pea pods are crisp-tender. Serve over rice. Makes 8 servings.

Nutrition Information Per Serving: 318 Calories; 31 grams Protein; 5 grams Fat; 35 grams Carbohydrate; 451 mg Sodium